



Survivorship Care Plans for Women with Invasive Breast Cancer

Patricia Buchsel, DNPc, MSN, OCN, RN, FAAN • Mary Heffernan, ARNP, AONC • Seattle University College of Nursing • Seattle, Washington



Abstract	Problem Statement	Study Instruments	Data Analysis	Recommendations for Future Studies
<p>Problem Statement. An estimated 246,660 new cases of invasive breast cancer are expected to be diagnosed in 2016. Women diagnosed with invasive cancer are treated with one or a combination of surgery, chemotherapy, radiation, and hormonal agents. Long term treatment complications cause early and late psychological and physiological sequelae that can endure for years. The Institute of Medicine (IOM) and the Society of Clinical Oncologists (ASCO) recommended that women receive a Survivorship Care Plan (SCP) that includes a written treatment summary and follow up plan.</p> <p>Research Questions. What is the percentage of women treated for invasive breast cancer at a Breast Cancer Center who received a SCP at discharge from January 1, 2014 to and December 31, 2014? Do the SCPs provided meet the quality indicators as outlined by ASCO?</p> <p>Results. Study data were collected from electronic health records of patients treated for invasive breast cancer and found to be fully in compliance with ASCO recommendations for 2014. Thirty eight women (100%) received a SCP at time of hospital discharge thus meeting the ASCO required 10% compliance rate. Thirty eight women received completed recommendations for follow up care using guidelines from ASCO.</p> <p>Implications. Survivorship care plans can alert health care providers to identify possible long term complications of breast cancer.</p> <p>Discussion. The outcome metrics outlined in the SCP template created for women with invasive breast cancer met ASCO recommendations for both quantity and quality indicators. More robust research is needed to identify improved methods of implementing SCPs.</p>	<p>The American Society of Clinical Oncologists (ASCO) dictates that Survivorship Care Plans (SCPs) be issued to patients who received cancer treatments. Only 10% of cancer centers surveyed complied with recommendations placing women treated for invasive breast cancer at risk for the long term problems of cancer treatment.</p>	<p>The ASCO Treatment Summary and Follow Up Plan for Breast Cancer Survivors The quality of SCPs Examining individual medical records for the presence or absence of key elements. Reviewing narrative medical reports in study sites</p>	<ul style="list-style-type: none"> •Descriptive statistics (EXCEL 2010) •Stage of breast cancer •Patient age •Length of follow up in breast cancer clinic •Complications at 1st exam •Treatment •Referrals 	<p>Future studies will examine:</p> <ul style="list-style-type: none"> • Percentage of patients who followed ASCO recommendations. • Roles on the breast cancer team. • Surgeon, oncologists, nurse practitioners, nurse navigators. • Ability to reduce long term effects, complications, patient satisfaction, quality assurance, risk management. Randomized clinical trials must be examined to determine if SCPs to traditional discharge plans determine proven efficacy. Nursing research is limited. Clinical/ bedside research is needed
	<p>Purpose of Study</p> <p>Evaluate the quantity and quality of SCP issued to women treated for invasive breast cancer in an accredited northwest breast cancer center.</p> <p>Research questions:</p> <ol style="list-style-type: none"> 1. What is the percentage of women treated for invasive breast cancer at a northwest breast cancer center who received a SCP from January 1, 2014 to and December 31, 2014? 2. Do the SCPs meet the quality indicators as outlined by The American Society of Clinical Oncology? 	<p>SCP for Breast Cancer Survivors</p> <p>Breast cancer survivors may experience issues with the areas listed below. If you have any concerns in these or other areas, please speak with your doctors or nurses to find out how you can get help with them.</p> <p><input type="checkbox"/>Anxiety or depression <input type="checkbox"/>Insurance <input type="checkbox"/>Sexual Functioning</p> <p><input type="checkbox"/>Emotional and mental health <input type="checkbox"/>Memory or concentration loss <input type="checkbox"/>Stopping Smoking</p> <p><input type="checkbox"/>Fatigue <input type="checkbox"/>Parenting <input type="checkbox"/>Weight changes</p> <p><input type="checkbox"/>Fertility <input type="checkbox"/>Physical functioning <input type="checkbox"/>Other</p> <p><input type="checkbox"/>Financial advice or assistance <input type="checkbox"/>School/work</p> <p>A number of lifestyle/behaviors can affect your ongoing health, including the risk for the cancer coming back or developing another cancer. Discuss these recommendations with your doctor or nurse:</p> <p><input type="checkbox"/>Alcohol use <input type="checkbox"/>Physical activity <input type="checkbox"/>Other</p> <p><input type="checkbox"/>Diet <input type="checkbox"/>Sun screen use</p> <p><input type="checkbox"/>Management of my medications <input type="checkbox"/>Tobacco use/cessation</p> <p><input type="checkbox"/>Management of my other illnesses <input type="checkbox"/>Weight management (loss/gain)</p> <p>Resources you may be interested in:</p> <ul style="list-style-type: none"> • www.cancer.net • Other: <p>Other comments:</p> <p>Prepared by: _____ Delivered on: _____</p>	<p>Study Results</p> <ul style="list-style-type: none"> •Research question #1 (Percentage of women who received a two-part SCP: 100% (n=38) •Research question #2 (Percentage of the SCPs meeting the quality indicators as outlined by The ASCO): 100% (n=38) 	<p>Summary</p> <p>SCPs can be successfully implemented for women treated for invasive breast cancer in an organized health care system. Evidence based metrics as outlined in the ASCO breast cancer template can provide a guide for oncology health care providers to assure that patients receive the quality of care they deserve. Research is needed to document that the implementation of follow up recommendations in concert with patient compliance will prevent or decrease long term complications. Barriers to address economic issues, time constraints, and patient satisfaction require system wide solutions. Advance nurse practitioners can play a significant role in raising the utilization and quality of SCPs.</p>
	<p>Methods</p> <p>Design: Descriptive study based on EPIC EHR chart review.</p> <p>Subjects: Women treated for invasive breast cancer at accredited northwest breast cancer treatment site from January 1, 2014 through December 31, 2014.</p> <p>Inclusion criteria</p> <p>Women treated for invasive breast cancer (stage 1-3).</p> <p>Exclusion criteria</p> <p>women treated for metastatic disease (stage 4) or non-invasive breast cancer.</p>	<p>Data Collection</p> <p>EHRs of patients who met inclusion criteria were examined for evidence of an SCP metric. ASCO Follow Up Plan for Breast Cancer Survivors. Forty records were retrieved. Two patients were excluded who did not meet inclusion criteria. N=38</p>	<p>Study Limitations</p> <ul style="list-style-type: none"> • Limited generalizability (Chart review conducted in a single medical center in Northwest and from January 1, 2014 and December 31, 2014). • Limited demographic information • Limited to women with invasive breast cancer Stages I-IV • Follow up was limited to 12 months • No data to determine if study patients followed up on ASCO recommendations • No data to determine if implementation of SCPs diminished long term sequelae for women in the study. • More research is needed to determine benefits. 	<p>References upon request.</p>